



The Plant CHALLENGE

Eat a minimum of 30 different types of plant based foods within 5 days to earn your Bonus Point
The more plants you eat, the happier your gut will be!

VEGETABLES

- | | | | | |
|--------------------------------------|---|--|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> ARTICHOKE | <input type="checkbox"/> BRUSSELS SPROUTS | <input type="checkbox"/> COURGETTE | <input type="checkbox"/> LEEKS | <input type="checkbox"/> PUMPKIN |
| <input type="checkbox"/> ASPARAGUS | <input type="checkbox"/> CABBAGE | <input type="checkbox"/> CUCUMBER | <input type="checkbox"/> MICRO GREENS | <input type="checkbox"/> ROCKET |
| <input type="checkbox"/> BEANSPROUTS | <input type="checkbox"/> CAPSICUM | <input type="checkbox"/> EGGPLANT | <input type="checkbox"/> MUSHROOMS | <input type="checkbox"/> RADDISH |
| <input type="checkbox"/> BEETROOT | <input type="checkbox"/> CARROTS | <input type="checkbox"/> FENNEL | <input type="checkbox"/> ONION RED | <input type="checkbox"/> SPINACH |
| <input type="checkbox"/> BOK CHOY | <input type="checkbox"/> CAULIFLOWER | <input type="checkbox"/> GREEN BEANS | <input type="checkbox"/> ONION YELLOW | <input type="checkbox"/> SWEET POTATO |
| <input type="checkbox"/> BROCCOLI | <input type="checkbox"/> CELERY | <input type="checkbox"/> ICEBERG LETTUCE | <input type="checkbox"/> OKRA | <input type="checkbox"/> TOMATO |
| <input type="checkbox"/> BROCCOLINI | <input type="checkbox"/> CORN | <input type="checkbox"/> KALE | <input type="checkbox"/> PARSNIP | <input type="checkbox"/> TURNIP |
| <input type="checkbox"/> | <input type="checkbox"/> CELERIAC | <input type="checkbox"/> LETTUCE | <input type="checkbox"/> POTATO | <input type="checkbox"/> ZUCCHINI |



FRESH HERBS & SPICES

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> BASIL | <input type="checkbox"/> GARLIC |
| <input type="checkbox"/> BAY LEAVES | <input type="checkbox"/> GINGER |
| <input type="checkbox"/> CHILLI | <input type="checkbox"/> LEMONGRASS |
| <input type="checkbox"/> CHIVES | <input type="checkbox"/> MINT |
| <input type="checkbox"/> CILANTRO | <input type="checkbox"/> OREGANO |
| <input type="checkbox"/> CINAMON | <input type="checkbox"/> THYME |
| <input type="checkbox"/> DILL | <input type="checkbox"/> SAGE |



NUTS & SEEDS

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> ALMONDS | <input type="checkbox"/> PECANS |
| <input type="checkbox"/> BRAZIL NUTS | <input type="checkbox"/> PISTACHIOS |
| <input type="checkbox"/> CASHEWS | <input type="checkbox"/> PINE NUTS |
| <input type="checkbox"/> CHIA SEEDS | <input type="checkbox"/> POPPY SEEDS |
| <input type="checkbox"/> FLAXSEEDS | <input type="checkbox"/> SESAME SEEDS |
| <input type="checkbox"/> HAZLENUTS | <input type="checkbox"/> TAHINI |
| <input type="checkbox"/> MACADEMIA | <input type="checkbox"/> WALNUTS |
| <input type="checkbox"/> NUT BUTTER | <input type="checkbox"/> |



FRUITS

- | | | | | |
|--|--------------------------------------|------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> APPLE RED | <input type="checkbox"/> CHERRIES | <input type="checkbox"/> JACKFRUIT | <input type="checkbox"/> OLIVES | <input type="checkbox"/> PLUM |
| <input type="checkbox"/> APPLE GREEN | <input type="checkbox"/> CRANBERRIES | <input type="checkbox"/> KIWI | <input type="checkbox"/> ORANGE | <input type="checkbox"/> POMEGRANATE |
| <input type="checkbox"/> APRICOTS | <input type="checkbox"/> DATES | <input type="checkbox"/> LEMON | <input type="checkbox"/> PAPAYA | <input type="checkbox"/> RAISINS |
| <input type="checkbox"/> AVOCADO | <input type="checkbox"/> DRAGANFRUIT | <input type="checkbox"/> LIMES | <input type="checkbox"/> PASSIONFRUIT | <input type="checkbox"/> RASPBERRIES |
| <input type="checkbox"/> BANANAS | <input type="checkbox"/> FIGS | <input type="checkbox"/> LYCHEE | <input type="checkbox"/> PEACH | <input type="checkbox"/> STRAWBERRIES |
| <input type="checkbox"/> BLACKBERRIES | <input type="checkbox"/> GRAPEFRUIT | <input type="checkbox"/> MANDARIN | <input type="checkbox"/> PEAR | <input type="checkbox"/> SULTANAS |
| <input type="checkbox"/> BLUEBERRIES | <input type="checkbox"/> GRAPES | <input type="checkbox"/> MANGO | <input type="checkbox"/> PERSIMMON | <input type="checkbox"/> WATERMELON |
| <input type="checkbox"/> BOYSENBERRIES | <input type="checkbox"/> GUAVA | <input type="checkbox"/> NECTARINE | <input type="checkbox"/> PINEAPPLE | |



LEGUMES

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|---------------------------------------|---------------------------------------|--|-------------------------------------|--------------------------|
| <input type="checkbox"/> ADZUKI BEANS | <input type="checkbox"/> EDAMAME | <input type="checkbox"/> LENTILS GREEN | <input type="checkbox"/> PEAS | <input type="checkbox"/> |
| <input type="checkbox"/> BLACK BEANS | <input type="checkbox"/> KIDNEY BEANS | <input type="checkbox"/> LENTILS BROWN | <input type="checkbox"/> SPLIT PEAS | <input type="checkbox"/> |
| <input type="checkbox"/> CHICKEPEAS | <input type="checkbox"/> LENTILS RED | <input type="checkbox"/> PEANUTS | <input type="checkbox"/> SOY BEANS | <input type="checkbox"/> |